MACROMETRIC CHANGES IN THE MAKEUP OF THE HUMAN BODY IN HYPODYNAMIA

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MACROMETRIC CHANGES IN THE MAKEUP OF THE HUMAN BODY IN HYPODYNAMIA¹

A. G. Zhdanova²

In Soviet and foreign literature, a large number of studies have been devoted to physiological, biochemical and morphological changes of the muscles of man and animals kept under various conditions of motor activity (A. K. Koveshnikov, 1951, 1954, 1956; V. Smoldaka, 1959; R. V. Chagovets, 1951; N. N. Yakovlev, 1959; Ye. S. Yakovleva, 1954, and others).

The studies which pertain to the effect of long term muscular inactivity, i.e., hypodynamia, to the work capacity of man, and to the physiology and pathology of the internal organs were published by Deitrick, Whedon, and Shorr (1948), Taylor, Henschel, Brozek and Keys (1949), Ogle (1957), Bartlett (1959), R. M. Mogendovich (1957, 1961), B. G. Bugrov et al. (1958), V. P. Kolychev (1960), Graveline, Balke, McKensie and Hartman (1961), A. V. Korobkov (1961), Graveline (1962), A. V. Korobkov, N. A. Matyushina, S. A. Razumov (1962), T. T. Dzhamgarov (1962), Yu. V. Vanyushina (1963), M. A. Gerd (1963), L. I. Kakurin et al. (1963), A. L. Myasnikov et al. (1963), and by N. Ye. Panferova (1963).

However, the effect of hypodynamia on the macrometric indices of the body composition remains inadequately clarified; i.e., the effect of hypodynamia on the ratio of fat and nonfat (primarily "muscular") components of the human body's composition. These fraction indices of total weight are significantly more accurate than fluctuations in total body weight and reflect changes in the physical condition of man under the influence of changes in the conditions

¹The study was conducted with a collective of associates at the functional Anthropology Group of the Central Scientific Research Institute of Physical Therapy under the scientific and organizational supervision of G. A. Demidov and V. I. Slesarev.

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of work, nutrition, emotional state, etc. The weight of the human body in air in the usual rhythm of life, just as is the case with the basal metabolism, is distinguished by relative stability. From a morphological and functional point of view, fluctuations in body weight and in the basal metabolism reflect a certain directivity of the metabolic processes. In the available literature, there are no data concerning how rapidly macrometric changes in the in vivo composition of the human body occur, or to what degree they are pronounced, or how they can influence the capacity of man to control aircraft; this pertains to those macrometric changes related to the influence of hypodynamia. Does atrophy of the muscular masses occur in long term flights which are accompanied by weightlessness and immobility, and does the atrophy-related loss of muscular strength also occur? Does the fat component of the composition of the human body remain unchanged or does it sharply increase, creating additional undesirable stress on the cardiovascular system, etc.? In connection with this, we set for ourselves the goal of tracing the influence of limited mobility of various duration on the composition of the human body according to its specific gravity.

Determination of specific gravity was made by means of hydrostatic weighing.

Men 20-25 years of age were subjected to investigation. In all, 18 experiments were conducted having the following durations: 2, 5, 7, and 10 days.

One series of experiments — 10 experiments ("ground" hypodynamia) — was conducted on the subjects in a posture of maximum weakening of the human supportive and motor apparatus. The second series — 8 experiments — was carried out /30 on subjects who were located in a suspended state in a basin containing water ("water" hypodynamia).

In our observations, change in the overall weight of the body among the subjects had an extremely varied character — a decrease or increase in weight of stability with respect to weight (Table 1). Therefore, these changes should not be considered the result of hypodynamia. Changes in weight dependent upon the duration of hypodynamia indicate its decrease, particularly after 5 or 7 day hypodynamia — by 0.950 and 1.450 g. In most of the subjects, specific gravity decreased. A particularly significant difference was observed in the 2 day (Table 2) and 5 day hypodynamia (Table 3). An even more significant

decrease in the indices of specific gravity exists in the 7 day (Table 4) and 10 day periods of hypodynamia.

TABLE 1. CHANGE IN TOTAL BODY WEIGHT, FAT AND NONFAT COMPONENTS OF THE BODY UNDER THE INFLUENCE OF "GROUND" AND "WATER" HYPODYNAMIA

Type of Hypodynamia	No. of Cases	Increase	Decrease	Without Change						
Change in Total Body Weight (kg)										
Ground Water	10. 8	5 2	0	5 5						
Total	18	7	1	. 10						
Change in Fat Compo	onents (kg)			} ·						
Ground Water	10 8	10 7	_	i						
Total	18	17		1						
Change in Nonfat Components (kg)										
Ground	10	2		8 8						
Total	18	2		16						

Fractioning of weight detected change in the composition of the body during hypodynamia toward an increase in fat and a decrease in the nonfat component (Table 1-5). A general increase in the amount of fat occurs even in hypodynamia of short duration (2 days), on the average by 250 g, over 7 days by 1030 g, over 10 days by 1440 g, etc. A decrease in the nonfat component occurred as the result of a decrease in the amount of water in the organism. With comparatively long term hypodynamia (5, 10 or more days), persistent disorders of the metabolic processes in the muscular tissue were also detected and were accompanied not only by a decrease in the water component, but also by a decrease in the "muscular" component. The essence of the changes which occurred under the influence of hypodynamia has up to this point been far from adequately studied.

Our data on the macrometric changes in the composition of the body ("muscular", fat, and water components) indicate the development of "adiposity",

atrophic direction of the metabolic processes in the muscular tissue, and "dehydration" in most cases of hypodynamia of varied duration. A sign of the development of relative "adiposity" (the term is used by us arbitrarily) is an increase in the fat component as the result of decreased muscular activity. Loss of function also leads to morphological changes — to the accumulation of a quantity of fat, and possibly, during very long term hypodynamia, also to fibrose adiposity type degeneration of the active muscles. An increase in the store of fat is related to an adequate mobilization of the fat during muscular "inactivity".

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Artificially creating functional inactivity (hypodynamia) is apparently a factor which can exert an influence on the development of a unique parabiotic process in the muscles, i.e., phenomena which are near in character to denervation (A. V. Zhirmunskiy, 1958). Excluding motor innervation leads to the appearance of atrophic changes in the muscles and to the development in the muscles of contractures, to slowing of the process of regeneration, etc. (P. M. zubenko and A. D. Reva, 1947; O. V. Nedrigaylova, 1948; A. B. Gandel'sman, 1952; N. A. Galitskaya, 1953; N. A. Kutsenko and G. A. Nechayeva, 1953; S. M. Vershchagin, Ye. K. Zhukov and Ye. M. Lebedeva, 1954; O. V. Parushkin, 1955). A qualitative change in the muscular component under the influence of hypodynamia characterizes an atrophic trend in the metabolism in the muscle tissue, during which the deterioration of protein is not compensated for by protein synthesis. The deterioration of the mass of the muscular component is accompanied by a decrease in the level of activity of certain enzymatic systems and functional capacities of the organism, as well as by change in the structure of the muscle tissue (R. V. Chagovets, 1957). According to the data of P. Z. Gudz' (1963), among animals in hypodynamia, dystrophy of the muscle fibers occurs. All of the changes in the nonfat component of the body's composition which exist in hypodynamia we relate to the mass of skeletal musculature and the water component of the organism, a decrease in which is frequently related not only to change in the amount of extracellular and intracellular fluid of the organism, but also to a disorder in the activity of the cardiovascular system. Morphological changes in the composition of the body which emerge under the influence of hypodynamia are accompanied by a decrease in the strength indices of the

skeletal musculature (polydynamometry), and by disorders of the motor coordination, etc. (A. G. Zhdanova, G. A. Demidov, V. I. Slesarev, 1963).

TABLE 2. RESULTS OF FRACTIONING WEIGHT OF SUBJECTS KEPT UNDER THE ACTION OF A 2 DAY LONG PERIÓD OF HYPODYNAMIA

									•				
No. of Subject	Before the experiment	After the experiment	Change in total weight (kg)		After	Change in specific gravity	Fat com (kg Before the experi- ment	After the experiment	Change in fat component (kg)	1	component (g) After the experi- ment	Change in non- fat com- ponent (kg)	Type of hypodynamia
# 1	63,900 62,750 64,850 60,150	64,900 62,700 66,350 60,150	+1,000 -0,050 +1,500 0,000	1,0815 1,0673 1,0630 1,0630	1,0804 1,0643 1,0518 1,0595	-0,0011 -0,0030 -0,0112 -0,0035	4,500 7,700 9,100 8,250	4,800 8,350 10,900 9,150	+0,300 +0,650 +1,800 +0,900	59,400 55,050 56,250 51,900	60,100 54,350 55,950 51,000	+0,700 -0,700 -0,300 -0,900	Ground Water
5	60,450	59,450	_1,000	1,0624	1,0569	—0,0055 —0,0055	8,500	9,600	+1,100	51,950	49,850	_0,900 _2,100	

Commas indicate decimal points.

TABLE 3. RESULTS OF FRACTIONING THE WEIGHT OF SUBJECTS KEPT UNDER THE ACTION OF A 5 DAY LONG PERIOD OF HYPODYNAMIA

No. of Subjects	Before the experiment	Meight After the experiment	Change in total weight (kg)	1	gravity cm ³ After the experi- ment	Change in speci- fie gravity (g/cm ³)	Fat con (kg Before the experi- ment	After the experiment	Change in fat component (kg)	1 5	component kg) After the experi- ment	Change in non- fat com- ponent (kg)	Type of hypodynamia
1	90,400	86,700	3,700	1,0776	1,0740	-0,0036	8,000	8,500	+0,500	82,400	78,200	-4,200	Ground
2	68,750	66,300	-2,450	1,0863	1,0846	-0,0017	3,700	4,000	+-0,300	65,050	62,300	-2,750	. در (الا
3	67,600	67,950	+0,350	1,0613	1,0577	0,0036	9,800	10,800	+1,000	57,800	57,150	0,650	* 4
4	65,200	64,800	0,400	1,0622	1,0574	0,0048	9,250	10,500	+1,250	56,150	54,500	-1,650	Water 7
5	69,150	70,600	+1,450	1,0782	1,0730	-0,0052	7,000	8,400	+1,400	62,150	62,200	+0,050	Ground

Commas indicate decimal points.

The data obtained by us on the influence of experimental hypodynamia on the composition of the body make it possible to hypothesize that hypodynamia during a long term stay of man in flying devices, causing phenomena of relative atrophy of the skeletal muscles, can present significant difficulties for the

organism. Particularly at the moment of transition to activation of the neuromuscular activity on landing, and subsequently, during readaptation to conditions of terrestrial existence. Therefore, an important condition of successfully concluding long term flights connected with a forced stay of man under conditions of hypodynamia and weightlessness and his return to conditions of terrestrial gravitation is maintenance and preservation of the adaptive reactions of the muscular and other systems to the effect of the force of gravity.

TABLE 4. RESULTS OF FRACTIONING THE WEIGHT OF SUBJECTS KEPT UNDER THE ACTION OF A 7 DAY LONG PERIOD OF HYPODYNAMIA

No. of			Change in total			Change in speci=	Fat component (kg)		Change in fat	Nonfat component (kg)		Change in non•	Type of
Subjects	Before the experi- ment	After the expen- ment	weight (kg)	Before the experi- ment	After i	fic gravity (g/cm ³)	Before the experi- ment	After the experi- ment	component (kg)	Before the experi- ment	After the experi- ment	fat com- ponent (kg)	hypodynamia
1	58,500	59,500	+1,000	1,0846	1,0760	-0,0086	3,500	5,400	÷1,900	55,000	54,100	0,900	Ground
2	64,950	63,100	-1,850	1,0714	1,0670	0,0044	7,000	7,800	-¦-0,800	5 7,95 0	55,300	-2,650	>
3	65,950	63,900	-2,050	1,0750	1,0723	-0,0027	6,300	6,700	+0,400	59,650	57,200	-2,450	>
4	62,600	59, 250	_3,350	1,0685	1,0679	0,0006	7,450	7,200	-0,250	55,100	52,000	-3,100	Water

Commas indicate decimal points.

TABLE 5. RESULTS OF FRACTIONING THE WEIGHT OF SUBJECTS KEPT UNDER THE ACTION OF A 10 DAY LONG PERIOD OF HYPODYNAMIA

No. of	Total Weight Change		Change			Change		Fat component (kg)		Nonfat component (kg)		Change	
Subjects	Before the experi- ment	fore After the weight (kg)	weight	Before the experi- ment	After the experi- ment	in speci- fic gravity (g/cm)	Before the experi- ment	After the experi- ment	in fa t component (kg)	Before the experi- ment	After the experiment	fat com- ponent (kg)	hypodynamia
·	CA 0000		. 0 400	1 0000			0.050	10.000		FF 050	F4 800		Ground
I I	64,800	65,200		1,0622	1,0560	-0,0062	9,250	10,800	+1,550	55,950	54,800	1,150	Giound
2	68,350	69,850	+1,500	1,0865	1,0775	0,0090	4,100	7,200	+3,100	64,250	62,650	-1,600	Water
3	65,550	64,150	-1,400	, 1,0718	1,0714	0,0004	6,300	6,900	+0,600	59,250	57,250	-2.000	Ground
4	66,400	65,200	1,200	1,0718	1,0706	_0,0012	7,000	7,500	+0.500	59,400	57,700	-1,700	Water
	·				<u> </u>		İ						

Commas indicate decimal points.

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